Growth of International Tension
- Safeguard Interests of East/West
- Arms race = substitute for war
- Guaranteed defensive needs
- Helped to achieve diplomatic goals

National/Personal Considerations
- Obsessed with National Pride
- Arms race = a measure of ideological success (Impress 3rd World)
- USA had to appease public (democracy)
- Shows through Khrushchev lying about USSR power

Domestic Factors
- Sustained/developed arms industry - 30 million US civilians employed
- Military Industrial Complex - e.g. lobbied Congress to ensure arms manufacture continued
- Groups who benefitted = extremely influential

Stabilising Factors
- Mutually Assured Destruction
- Cuban Missile Crisis
- Korean War
- US Nuclear Monopoly
- USSR obtaining Nuclear bomb
- SALT - 2 Signing
- US losing 'First Strike'
- Taiwan Straits Crisis
- Cuba Missile Crisis
- US Nuclear Monopoly
- Détente
- USSR obtaining Nuclear bomb
- US Monopoly:
  - Japan
  - Stalin more paranoid/need for security
  - Berlin Blockade
  - Atomic Bombs 1945
  - Sino-Soviet border clashes

US Monopoly:
- Japan
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Atomic Diplomacy - Threat of Nuclear Warfare = achieving diplomatic goals
- US superiority encouraged more aggression
- 'Missile Gap'
- Used in USA elections
- Promising money on defence

Arms Race = Political Will
- Both sides were competing through building, not war.
- MAD // SALT
- Victory was an unrealistic concept